


FROM THE HEART – MARCH 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All Meals Provided by Feeding Their Future * Menu Subject to Change</p>  <p>This institution is an equal opportunity provider.</p>				
1	2	3	4	5
<p>Breakfast: WG Life, Fruit, Milk Lunch: <i>Chili</i> Ground Turkey, Kidney Beans, WG Brown Rice, Corn, Milk Snack: Pretzels. Juice</p>	<p>Breakfast: Biscuits, Fruit, Milk Lunch: <i>Chicken Patty Sandwich</i> Breaded Chicken, WG Bun, Carrot Sticks, Fruit, Milk Snack: WG Cheez Its, 100% Juice</p>	<p>Breakfast: Rice Krispies, Fruit, Milk Lunch: <i>Turkey Sandwich</i> Sliced Turkey, WG Sliced Bread, Fruit, Salad, Milk Snack: Graham Crackers, Milk</p>	6	7
6	7	8	9	10
<p>Breakfast: Waffles, Fruit, Milk Lunch: <i>BBQ Chicken</i> Chicken, WG Roll, Baked Beans, Corn, Milk Snack: Chex Mix, 100% Fruit Juice</p>	<p>Breakfast: WG Corn Chex, Fruit, Milk Lunch: <i>Spaghetti & Meatballs</i> Meatballs, WG Pasta, Mixed Vegetables, Salad, Milk Snack: Animal Crackers, Milk</p>	<p>Breakfast: WG Kix, Fruit, Milk Lunch: <i>Teriyaki Chicken</i> Chicken, WG Brown Rice, Mixed Vegetables, Fruit, Milk Snack: Animal Crackers, Yogurt</p>	<p>Breakfast: Pancakes, Fruit, Milk Lunch: <i>Sloppy Joes</i> Ground Turkey, WG Bun, Waffle Fries, Fruit, Milk Snack: WG Pretzels, 100% Fruit Juice</p>	<p>Breakfast: Biscuits, Fruit, Milk Lunch: <i>Chicken Cesar Salad</i> Chicken, Salad, WG Pita Bread, Cucumber, Milk Snack: Wheat Thins, 100% Fruit Juice</p>
13	14	15	16	17
<p>Breakfast: Special K, Fruit, Milk Lunch: <i>Penne Pasta</i> Ground Turkey, WG Penne Pasta, Peas, Fruit, Milk Snack: WG Cheez Its, Cheese</p>	<p>Breakfast: Waffles, Fruit, Milk Lunch: <i>Chicken Taco</i> Chicken, WG Corn Tortilla, Fruit, Refried Beans, Milk Snack: WG Goldfish, 100% Fruit Juice</p>	<p>Breakfast: WG Life Cereal, Fruit, Milk Lunch: <i>Meatball Sub</i> Meatball, WG Sub Roll, Tater Tots, Cole Slaw, Milk Snack: Wheat Thins. 100% Fruit Juice</p>	<p>Breakfast: English Muffins, Fruit, Milk Lunch: <i>Burger</i> Slider, WG Bun, Carrot Sticks, Fruit, Milk Snack: Cheese, Ritz Crackers</p>	<p>Breakfast: WG Cheerios, Fruit, Milk Lunch: <i>Asian Chicken Salad</i> Chicken, Salad, WG Pita Bread, Fruit, Milk Snack: Yogurt. Granola</p>
20	21	22	23	24
<p>Breakfast: Rice Krispies, Fruit, Milk Lunch: <i>Baked Chicken</i> Chicken, WG Dinner Roll, Mixed Vegetables, Salad, Milk Snack: WG Cheez Its, 100% Fruit Juice</p>	<p>Breakfast: Biscuits, Fruit, Milk Lunch: <i>Spaghetti</i> Ground Turkey, WG Pasta, Mixed Vegetables, Fruit, Milk Snack: WG Animal Crackers, Milk</p>	<p>Breakfast: Corn Chex, Fruit, Milk Lunch: <i>Taco Bowl</i> Ground Turkey, Pinto Beans, Corn, WG Brown Rice, Milk Snack: Graham Crackers, Milk</p>	<p>Breakfast: Waffles, Fruit, Milk Lunch: <i>BBQ Meatballs</i> Meatballs, Mashed Potatoes, WG Dinner Roll, Baked Beans, Milk Snack: Cheese, Ritz Crackers</p>	<p>Breakfast: WG Kix, Fruit, Milk Lunch: <i>Chicken Salad</i> Chicken, Salad, WG Pita Bread, Fruit, Milk Snack: Wheat Thins, 100% Fruit Juice</p>
27	28	29	30	31
<p>Breakfast: WG Cheerios, Fruit, Milk Lunch: <i>Taco</i> Ground Turkey, Pinto Beans, WG Corn Tortilla, Fruit, Milk Snack: Goldfish, String Cheese</p>	<p>Breakfast: Pancakes, Fruit, Milk Lunch: <i>Chicken Alfredo</i> Chicken, WG Pasta, Broccoli, Salad, Milk Snack: WG Chex Mix, 100% Fruit Juice</p>	<p>Breakfast: WG Life, Fruit, Milk Lunch: <i>Chili</i> Ground Turkey, Kidney Beans, WG Brown Rice, Corn, Milk Snack: Pretzels. Cheese</p>	<p>Breakfast: Biscuits, Fruit, Milk Lunch: <i>Chicken Patty Sandwich</i> Breaded Chicken, WG Bun, Carrot Sticks, Fruit, Milk Snack: WG Cheez Its, 100% Juice</p>	<p>Breakfast: English Muffins, Fruit, Milk Lunch: <i>Chicken Cesar Salad</i> Chicken, Salad, WG Pita Bread, Cucumber, Milk Snack: Wheat Thins, 100% Fruit Juice</p>

This menu follows the children's meal pattern minimum serving requirements set forth by the Child and Adult Food Program (CACFP) by serving the following portions:

Breakfast: grain - ½ serving bread or muffin or ¾ cup dry cereal or ¼ cup hot cereal; fruit or vegetable- ½ cup; milk - ¾ cup **1% plain milk**

Lunch: meat/meat alternate - 1 ½ oz; grain - ½ serving bread or ¼ cup cooked grain; vegetable - ¼ cup; fruit or vegetable - ¼ cup; milk- ¾ cup **1% plain milk**

Snack (two of the following): meat/meat alternate - ½ oz, yogurt 2 oz; grain - ½ serving bread or ¼ cup cooked grain; fruit or vegetable- ½ cup; milk- ½ cup **1% plain milk**

*(WG) = Whole Grain